



# MOVEMENT CREW WEIGHTLIFTING CHAMPIONSHIPS 2023

## Start-List

DATE: Saturday 4th February 2023

Date: 2023/02/01 V2

### Session 3 Men

Weigh-In: 10:45am

Session Start: 12:45pm

Page 2/2

No.	LastName	FirstName	Category	Club	BirthDate	EntryTotal
1	Smith	Robbie	m89	Jozi East	1990/12/16	210
2	Bowyer	Matthew	m96	FTSA Weightlifting	2000/12/18	190
3	Carreira	Chris	m73	School of Strength	1977/02/26	175
4	Du Toit	Christopher	m81	Urban Junction Fitness	2003/06/16	175
5	Esau	Janay	m89	Movement Crew	1993/08/02	175
6	Vrugtman	Graeme	m96	Afrikan Beasts	1988/06/28	140
7	Blumenthal	Astin	m89	Performance Purist	1993/10/29	130
8	Ncube	Terance	m61	The Bar	1997/06/02	128
9	Steyl	Lohan	m67	Urban Junction Fitness	2007/07/21	90
10	Carreira	Ashton	m55	School of Strength	2010/06/19	45

### Session 4 Men

Weigh-In: 12:30

Session Start: 14:30

No.	LastName	FirstName	Category	Club	BirthDate	EntryTotal
1	Shaw	Gordon	m>109	Golds	1994/06/23	350
2	Morris	Nathan	m>109	Pirates	1996/07/13	300
3	Smith	Andre	m81	Inner Fight Fitness	1987/06/30	260
4	Beukman	Johan	m109	Jozi East	1989/05/15	260
5	Swanepoel	Antony	m109	Fire Forged Athletics	1993/08/26	260
6	Chandler	Liam	m109	Movement Crew	2004/07/14	245
7	Curtis	Simon	m96	Performance Purist	1995/10/23	240
8	Gadney	AndrÃ©	m89	Jozi East	1980/05/14	230
9	Naude	Riaan	m>109	Fire Forged Athletics	1993/07/06	230
10	Gindre	Nick	m89	FTSA Weightlifting	1984/07/26	220